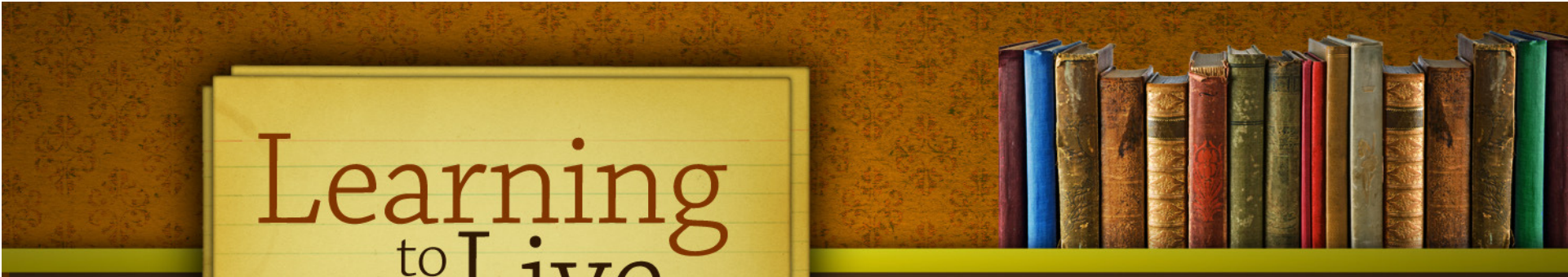
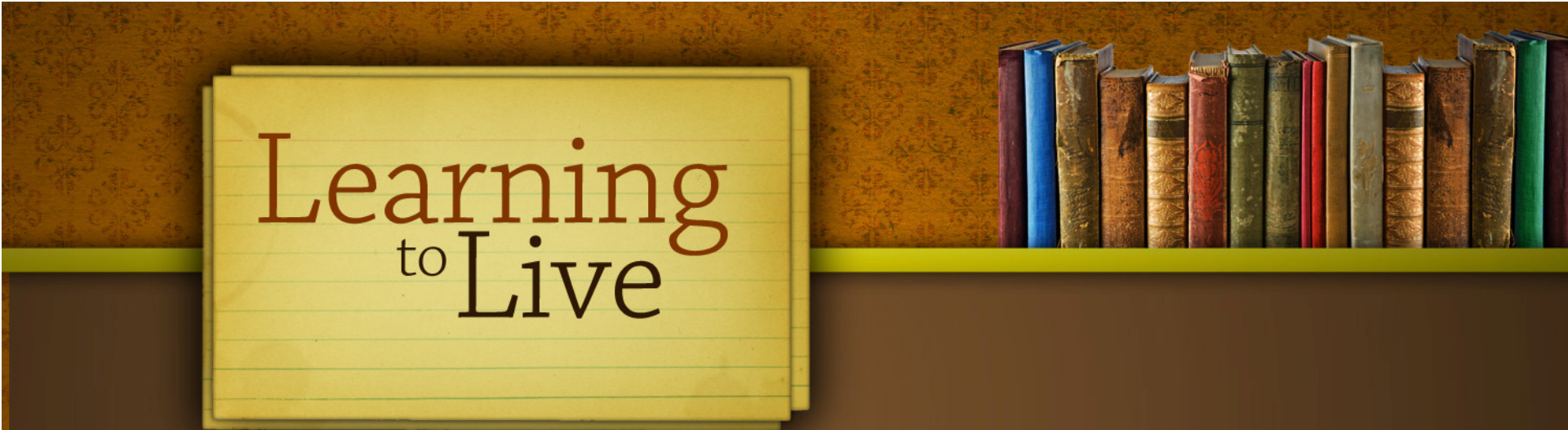
A row of old, worn books with various colored spines (blue, brown, red, green) is shown on a shelf. The background is a textured, patterned surface in shades of green and gold. A yellow, lined paper overlay is positioned in the center, containing the text.

Learning
to Live



Learning
to Live

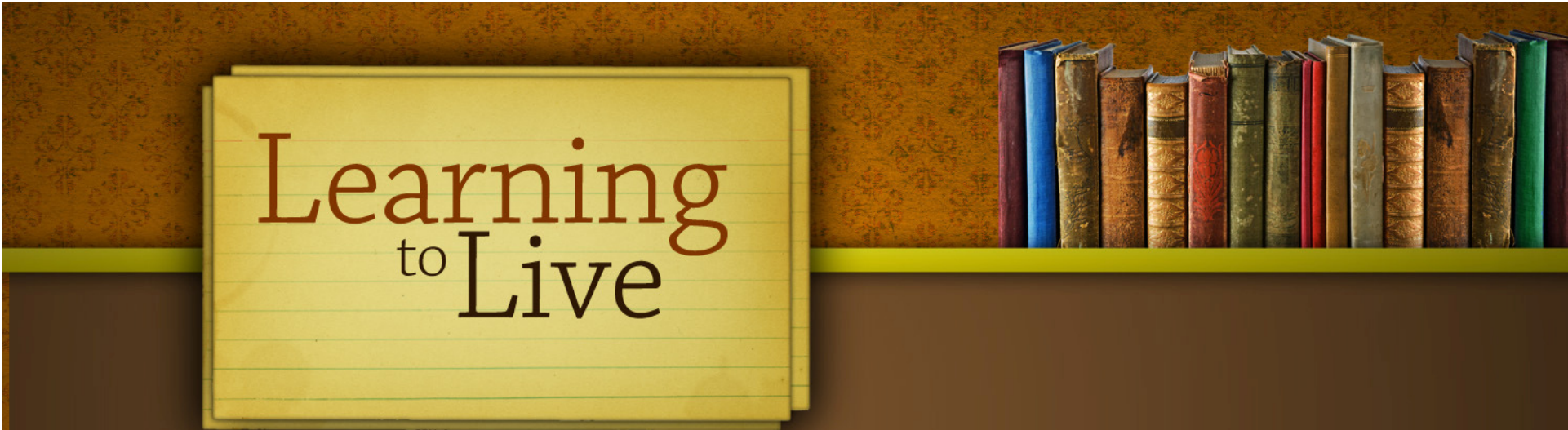
A Seminar
By
Bishop Jerry F. Hutchins
For
United Fellowship Full Gospel Baptist Church
Life Changers Ministry: Life Enhancement
Weekend 2011
Bishop Tommie Triplett, Senior Pastor



Learning to Live

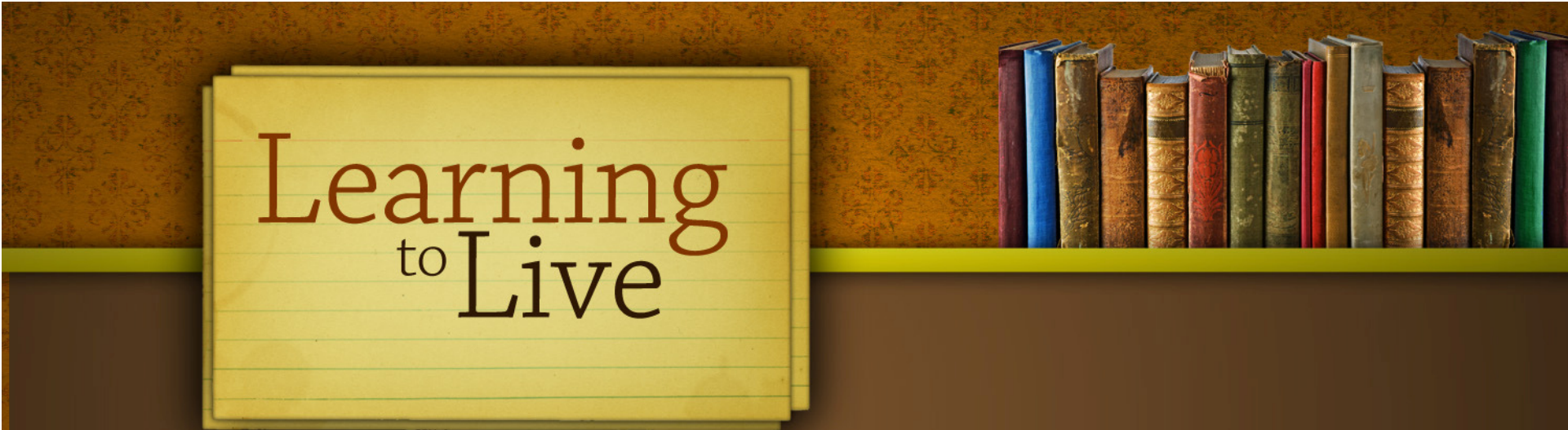
Definition of Mid Life

Middle age is the period of age beyond young adulthood but before the onset of old age.



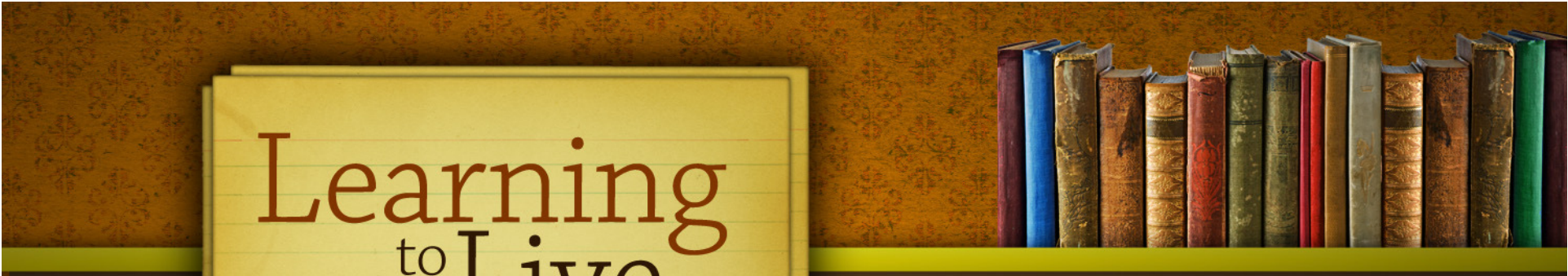
Learning to Live

According to Collins Dictionary, this is "... *usually considered to occur approximately between the ages of 40 and 60*".



Learning to Live

The Oxford English Dictionary gives a similar definition but with a later start point " ... *the period between early adulthood and old age, usually considered as the years from about 45 to 65*".



Learning to Live

The US Census lists middle age as including both the age categories 35 to 44 and 45 to 50 concluding that 35 to 50 is middle age according to US Census.



Crisis

1. A dramatic emotional or circumstantial upheaval in a person's life.



CRISIS

2. A condition of instability or danger, as in social, economic, political, or international affairs, leading to a decisive change.



CRISIS

3. A stage in a sequence of events at which the trend of all future events, especially for better or for worse, is determined;
turning point.



**A working definition of Middle Age
Crisis is:**

**A Turning Point in time experienced
between the age of 35 and 60.**



Crisis is not a negative experience

Crisis is a turning point when change must happen to prevent the break down of the former order of things. Crisis is not a time of trouble: unless doing nothing. Crisis is a time for transformation and opportunity.



A Time of Transformation

Romans 12:2 “Be not conformed to this world but be transformed (me-tä-mor-fo'-ō) by the renewing of your mind.

“to change into another form”



1. It's a time of change and Transition

Change is a one-time occurrence: we change jobs, change clothes, change living arrangements.

Change is a shift from one person, place or thing to another.



What are some of the
Changes that we
experience in Mid-Life?



Transition is the ongoing process of dealing with a change.

Transition is letting go of how things were and embracing how things might become.



The challenge in Mid-life is not the change itself, it is the transition.

Transition is a shift from one state of being to another.



Change can be self imposed or imposed upon us. Buying a new home is usually a change we impose upon ourselves. Moving into the new home is the change. Learning to let go of the way things were is the transition. In moving to a new home this could be dealing with a new route to work, missing our old neighbors, learning to use new appliances. Until we are comfortable with the new and willing to let go of the old we are in transition.



The death of a loved one is a change imposed upon us. Not only did we not choose the path we are on, but also we aren't even sure if we can see a path. We are confused, frightened and sometimes feel powerless to accept the change thrust upon us. We can't move because we are unable to let go of the past and can't see what might be ahead. As we learn to accept that the old is no more and that we must embrace the new, we are in transition.



Transition periods can be the most productive periods of our lives, if we understand that letting go is not dismissing the change. Transition is, instead, the period in which we accept the change and we search for the path to follow forward. That search can lead us to new and creative ways to live our lives.



Change - proper transition = depression

Change + proper transition = New Life



Psalm 103:5

**5 Who satisfieth thy mouth
with good *things*; so that
thy youth is renewed like
the eagle's.**



The eagle has the longest life span
of its species



It can live up to 70 years but to reach this age, the eagle must make a hard decision



When an eagle reaches 40 years of age (midlife), its long and flexible talons can no longer grab prey which serves as food



Its long and sharp beak becomes
bent



Its feathers become stuck to its
check and makes it difficult to fly



The eagle is left with only two options; die or go through a painful transition which last 150 days



The process requires that the eagle fly to a mountain and sit on its nest



There the eagle knocks its beak
against a rock unto it plucks it out



After plucking it out, the eagle will wait for a new beak to grow back and then it will pluck out its' talons



An eagle is perched on a gnarled tree branch, looking towards the left. The eagle's feathers are dark brown with some lighter, worn patches. The background is a clear, bright blue sky. The eagle's talons are visible as it grips the branch.

When its' new talons grow back, the eagle starts plucking its' old-aged feathers

After 5 months, the eagle has fulfilled the transition and takes its famous flight of rebirth and lives for 30 more years







2. A time to reconnect to the freedom of a child

Midlife brings us a renewed level of freedom that we have not experienced since childhood.



3. It's a Time to Simplify rather than Complicate Life



The innate desire of the middle aged is to simplify life. This age group does not do well with rearing children or handling other matters which complicate life. Divorce rate increases due to the refusal to accept things which complicate life.



- **4. A time of Mental, Physical and Spiritual evolution.**



This age group must have ministry that ministers to the total man, body, soul and Spirit. The Spirit becomes the essential focus of this age group. Children and adolescents give greater focus to the mind. Young adults become obsessed with the body. Middle agers bring the spirit into focus but the whole man is essential.